



# STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

**familias fuertes**

- Strengthens parent/youth communication skills and relationships.
- Helps families to navigate the challenges of the teen years.
- Activities promote family problem solving and can reduce conflict between parent and child.



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**SFP meets one night a week over seven weeks for parent/caregiver, youth and family activities. This program is at no cost and also includes a weekly family-style dinner and on-site childcare (up to age 9). As a bonus, each participating family will receive a \$25 gift card the second night to cover transportation costs and another \$25 gift card upon graduation.**

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**Don't miss out on this opportunity. Register at least one week prior to class.**

Make a difference for your family

SFP is a seven session effective program that:

- ◆ Prevents substance abuse and other unwanted behaviors.
- ◆ Strengthens the parent/caregiver and youth communication and relationships.
- ◆ Can increase academic success and school attendance.



# UPCOMING DATES

## *Strengthening Families Program*

United Methodist Church of Gettysburg

Tuesdays, May 30th - July 18th 6:00 pm to 8:30 pm

[No class July 4th]

**Carroll Valley Pavilion and Community Room**

Thursdays, June 15th - July 27th 6:00 pm to 8:30 pm

**Maple Avenue Middle School**

Tuesdays, September 12th - October 24th

6:00 pm to 8:30 pm

**Conewago Valley Intermediate School**

Late October start date - to be determined.

## *Familias Fuertes*

York Springs

August start date

### To Register

Call Karen Breighner at 717-338-0300 x 19

Email at [strengtheningfamilies@cfygettysburg.com](mailto:strengtheningfamilies@cfygettysburg.com)

Call Keyra Benner at 717-338-0300 x 26 or email at [office@cfygettysburg.com](mailto:office@cfygettysburg.com)

*Please provide your information if you prefer we contact you.*

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Best time to call: \_\_\_\_\_ May we leave a voicemail? \_\_\_\_\_

Email Address: \_\_\_\_\_

*The **Strengthening Families Program** is a CFY collaborative project implemented by the Center For Youth & Community Development & funded by the County of Adams and the York/Adams Drug & Alcohol Commission.*

**COLLABORATING**

Doing what works  
in Adams County

**FOR YOUTH**